



Amendments to the Claims:

This listing of claims replaces all prior versions and listings of claims in the application.

1. (Previously presented) A composition comprising vitamin B3, quercetin, and caffeine, wherein the caffeine is added in pure form and the ratio between quercetin and caffeine ranges from 1:75 to 3:1.
2. (Previously presented) A composition comprising vitamin C and quercetin, quercetin, and caffeine, wherein the caffeine is added in pure form and the ratio between quercetin and caffeine ranges from 1:75 to 3:1.
3. (Original) The composition of claim 2, further comprising vitamin B3.
4. (Original) The composition of claim 3, further comprising at least one of vitamin B1, vitamin B2, vitamin B6, vitamin B12, and vitamin E.
5. (Currently amended) The composition of claim 4, further comprising at least one of epigallocatechin gallate, epicatechin, epicatechin gallate, and epigallocatechin, ~~and polyphenon E~~.
6. (Currently amended) The composition of claim 4, further comprising a green tea extract containing at least one of epigallocatechin gallate, epicatechin, epicatechin gallate, and epigallocatechin, ~~and polyphenon E~~.
7. (Original) The composition of claim 1, wherein the composition is in dry form.
8. (Original) The composition of claim 2, wherein the composition is in dry form.

9. (Original) The composition of claim 3, wherein the composition is in dry form.
10. (Original) The composition of claim 1, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.
11. (Original) The composition of claim 2, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.
12. (Original) The composition of claim 3, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.
13. (Original) The composition of claim 4, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.
14. (Original) The composition of claim 5, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.
15. (Original) The composition of claim 6, wherein the composition is tea, soft drinks, juice, milk, coffee, jelly, ice cream, yogurt, cookies, cereals, chocolates, or snack bars.
16. (Previously presented) The composition of claim 1, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginkgo biloba extract.
17. (Previously presented) The composition of claim 2, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginkgo biloba extract.
18. (Previously presented) The composition of claim 3, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginkgo biloba extract.

19. (Previously presented) The composition of claim 4, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginkgo biloba extract.

20. (Previously presented) The composition of claim 5, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginkgo biloba extract.

21. (Previously presented) The composition of claim 6, further comprising at least one of CoQ-10, soy isoflavones, taurine, sugar beet pectin fiber, and a ginkgo biloba extract.

22. (Original) A method for enhancing physical performance, the method comprising administering to a subject in need thereof an effective amount of the composition of claim 1.

23. (Original) A method for enhancing physical performance, the method comprising administering to a subject in need thereof an effective amount of the composition of claim 2.

24. (Original) The method of claim 23, wherein the composition further comprises vitamin B3.

25. (Original) The method of claim 24, wherein the composition further comprises at least one of vitamin B1, vitamin B2, vitamin B6, vitamin B12, and vitamin E.

26. (Currently amended) The method of claim 25, wherein the composition further comprises at least one of caffeine, epigallocatechin gallate, epicatechin, epicatechin gallate, and epigallocatechin, ~~and polyphenon-E.~~

27. (Currently amended) The method of claim 25, wherein the composition further comprises at least one of a green tea extract containing caffeine, epigallocatechin gallate, epicatechin, epicatechin gallate, and epigallocatechin, ~~and polyphenon-E.~~

28. (Original) The method of claim 25, wherein the composition comprises vitamin B1, vitamin B2, vitamin B6, vitamin B12, and vitamin E.

29. (Currently amended) The method of claim 26, wherein the composition comprises caffeine, epigallocatechin gallate, epicatechin, epicatechin gallate, and epigallocatechin, ~~and polyphenon-E.~~

30. (Previously presented) The composition of claim 1, wherein the ratio between quercetin and caffeine ranges from 1:75 to 2:1.

31. (Previously presented) The composition of claim 1, wherein the ratio between quercetin and caffeine ranges from 1:75 to 1:1.

32. (Previously presented) The composition of claim 2, wherein the ratio between quercetin and caffeine ranges from 1:75 to 2:1.

33. (Previously presented) The composition of claim 2, wherein the ratio between quercetin and caffeine ranges from 1:75 to 1:1.

34. (Previously presented) The method of claim 22, wherein the ratio between quercetin and caffeine ranges from 1:75 to 2:1.

35. (Previously presented) The method of claim 22, wherein the ratio between quercetin and caffeine ranges from 1:75 to 1:1.

36. (Previously presented) The method of claim 23, wherein the ratio between quercetin and caffeine ranges from 1:75 to 2:1.

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37. (Previously presented) The method of claim 23, wherein the ratio between quercetin and caffeine ranges from 1:75 to 1:1.